

On The Horizon

Neenah High School - Counseling Office News - Semester I, 2017

“On the Horizon” publications help us to keep parents and students informed of various services and events that are offered by our department.

School counselors welcome the opportunity to visit with the parents of the students they serve. Parents may meet with their student’s counselor to discuss academic progress, career planning, or personal concerns. To schedule an appointment please contact the Administrative Assistant

for the Counseling Department, Mrs. Pam Buss, at 751-6900, ext. 16116.

Visit the counseling office web page for up to date information at

www.neenah.k12.wi.us/schools/high/counselingservices.cfm



2017 - 2018 Counselor Assignments

All counselors are located in Student Services.

- Mrs. Beth Altekruise: M, N, P
• 751-6900, ext. 16117 or baltekruise@neenah.k12.wi.us
- Mrs. Marcy Bauman: F, I, J, L, T, V
• 751-6900, ext. 16118 or mbauman@neenah.k12.wi.us
- Mrs. Chris Christensen: E, K and SAP Coordinator
• 751-6900, ext. 16119 or cchristensen@neenah.k12.wi.us
- Mrs. Emily Hennes: D, O, Q, U, X, Z
• 751-6900, ext. 16121 or ehennes@neenah.k12.wi.us
- Mrs. Kristin Mahoney: G, H, W
• 751-6900, ext. 16120 or kmahoney@neenah.k12.wi.us
- Mrs. Natalie Shea: R, S
• 751-6900, ext. 16122 or nshea@neenah.k12.wi.us
- Ms. Felicia Torres: A, B, C, Y
• 751-6900, ext. 16123 or ftorres@neenah.k12.wi.us

NHS School Psychologist

Ms. Ann Hatch - 751-6900, ext. 16128

NHS School Nurse

Mrs. Michelle Kaczorowski, BSN, is available for individual students and/or parent consultation at school by calling the Health Aide, Ms. Betsy Botting at 751-6900, ext. 16113.

2017 - 2018 Administrative Assignments

Students are assigned by grade level.

- Mr. Brian Wunderlich - Principal
751-6900, ext. 16100
(Office located in Student Services)
- Mr. Timothy Kachur - Student Management Gr. 10 & 12
751-6900, ext. 16104
(Office located in the Armstrong Building)
- Mr. Mike O’Neill - Student Management Gr. 09 & 11
751-6900, ext. 16106
(Office located in the Conant Building)
- Mr. Chad Buboltz - Student Attendance/Scheduling
751-6900, ext. 16108
(Office located in Student Services)
- Mr. Bill Richardson - Student Management Gr. 09 & 11
751-6900, ext. 16109
(Office Located in the Conant Building)

Student Services at NHS is located in the Link; park in Lot B and enter Door 3. If you have specific questions about your student’s schedule, post high school planning, or general questions, please call 751-6900, ext. 16116. The above administrators are also available to assist anytime with concerns related to your student.

Career Lab Specialist

Mrs. Lori Uvaas - 751-6900, ext. 16322

The Career Center is located in room 322, across the hall from Student Services.



Mrs. Altekruise



Mrs. Bauman



Mrs. Christensen



Mrs. Hennes



Mrs. Mahoney



Mrs. Shea



Ms. Torres

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How Do I Know If My Child Would Benefit from Counseling?

By Mike Altekruse, Ph.D.

Mental Health Coordinator for NJSD

When our child gets a cold or a physical injury, we feel pretty confident about whether we should see a medical doctor or treat them at home. However, when it comes to emotional pain for our adolescent son or daughter, we may not feel as comfortable deciding whether mental health services are necessary. To complicate your decision-making even further, any parent with an adolescent knows that this is a time characterized by a roller coaster of emotional and psychological changes. Recent research on the adolescent brain shows that there are processes going on during this time of life that are unique to teenagers and can cause everything from teens misinterpreting emotions of others to taking unwarranted risks.

The bottom line is if you see something that concerns you, check it out. When you see behavior that is concerning, ask yourself "how bad is this?" and "how long have they been feeling this way?". If your teen has been experiencing worries and fears which are keeping them from day to day activities or sadness characterized by states of hopelessness or helplessness, there is no need to worry alone. Consider talking to other parents, family members, a school counselor, teachers, principals and/or mental health professionals. The most common issues in adolescence are anxiety and depression, but other mental health issues may also start or first be identified during the teen years including bipolar disorder, ADHD, eating disorders, and nonsuicidal self-injury or cutting.

If you are still unsure, consider filling out an online screener. N.E.W. Mental Health Connection provides a screener that will help you look at common symptoms to many mental health concerns along with resources right here in the Fox Valley. Here is the link: <http://screening.mentalhealthscreening.org/new>

For up-to-date resources to get your adolescent mental health treatment go to www.MyConnectionNEW.org.

If your child expresses thoughts of suicide, call 911 or take them to the emergency room at a hospital to have them assessed. Always take statements about suicide seriously and immediately seek mental health consultation with a professional.

Please contact me, Mike Altekruse, at 920-751-6800, ext. 10123 or at maltekruse@neenah.k12.wi.us if you would like to discuss any of the information presented in this article or you would like to talk about concerns you have about your child.



Neenah Joint School District Student Assistance Program

Are you concerned about a student's use of alcohol or other drugs? Do you have questions about how you can help your student make good decisions about alcohol or other drugs?

The Neenah Joint School District Student Assistance Program (SAP) can help!

In an effort to promote a healthy school environment, the Student Assistance Program works in several ways. We provide a prevention element by educating students to make good decisions about the use of alcohol and drugs and we provide early identification and intervention with students having chemical abuse or misuse problems or concerns; problems that can impede success in school.

How the Program works:

The SAP office at your student's school receives referrals in the following ways:

- * A teacher has concerns about a student's possible chemical use.
- * A Parent or Guardian feels that his/her student could use some help in dealing with alcohol and/or other drugs issues.
- * The student wants help in dealing with their own alcohol and/or other drug issues.

Once a referral is received, the SAP staff will meet with the student and make recommendations for the student such as:

- * seeing a school counselor
- * joining a school based or community based support group
- * reading and discussing educational materials
- * visiting with a community counselor or agency
- * consulting with a medical doctor

For more information regarding the Student Assistance Program, contact Christine Christensen - 920-751-6900 ext. 16119 or email at cchristensen@neenah.k12.wi.us

Career Cruising is a web-based career exploration and planning system that helps students plan their futures. Students can use assessment tools to determine which career is the best fit for them, then explore detailed occupation profiles and examine comprehensive post-secondary education information. More information will be shared throughout the school year.

Neenah Joint School District is partnered with Fox Cities Chamber of Commerce and Industry to assist in exploration of career based learning opportunities. We highly recommend all students visit the website and learn more about local companies and available job shadows and beyond.

Your Future Fox Cities is an online platform which streamlines connections, communication and collaboration between students, educators and business professionals in order to develop a thriving future workforce. For more information, please visit:

<https://foxcities.yourfuturewisconsin.com>

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MARK YOUR CALENDAR - SEPTEMBER 18TH, 6:00 - 7:30PM

F OX VALLEY COUNSELORS ASSOCIATION 2017 FINANCIAL AID NIGHT

Fox Valley high school seniors and family members are invited to an evening to learn about financial aid for college. Come learn important information about the FAFSA, grants, loans and more.

NO REGISTRATION REQUIRED

Also offered at:

Oshkosh West High School Alberta Kimball Auditorium - September 11, 6:00 p.m.

Appleton East High School Auditorium - September 25, 6:00 p.m.

Little Chute High School Auditorium - September 27, 6:00 p.m.

Attention Seniors

Counselors will be presenting important Senior information in your English class on September 14. They will explain the college application process, share important website information and walk you through the process of requesting transcripts and letters of recommendation. Also, seniors are encouraged to complete their college applications by October 31, 2017.

Workshop will be held to assist students with this process on:

Tuesday, September 19 and Thursday, September 21

**October 5th - All day workshop with reps from UW Oshkosh, Ripon and FVTC
Career Center - Room 322**

\$\$\$ SCHOLARSHIP WORKSHOPS \$\$\$

Scholarship workshops will be offered in the Career Center, room 322 on **November 28**, and **December 12**. College and Technical College bound students are encouraged to attend these workshops.

Fox Valley Technical College Skills Assessment

Most degree and diploma programs require a placement assessment as part of the admission process. FVTC administers the ACCUPLACER skills assessment, which measures academic skill level in the area of reading comprehension, sentence skills, arithmetic and elementary algebra. FVTC will also accept ACT test scores.

ACCUPLACER Assessment Center
920-993-5139 or assessment@fvtc.edu

College-Entrance Exams

The UW Board of Regents offers Wisconsin residents a choice between taking the ACT or the SAT for admission. Although the UW systems prefer the ACT, either test will be accepted.

If a college examination is required for admission or placement, the student should take the test at the end of the junior year. Students may retake the SAT or ACT in their senior year if they feel they would like to attempt the test again for a chance at score improvement.

The junior class will be taking the state mandated ACT test, free of charge, on February 27th and 28th, 2018.

Preliminary Scholastic Aptitude Test (PSAT) and the National Merit Scholar Qualifying Test (NMSQT) held at Neenah High School - Wednesday, October 11, 2017 at 7:30 a.m.

The PSAT/NMSQT will be administered to interested sophomores and juniors. Students interested in taking the exam must register with Mrs. Buss in the Counseling Office. Registration for juniors will begin on September 18 and sophomore registration will begin on September 25. Registration will close on October 6, 2017. Payment of \$20.00 is due at time of registration. Seating is limited, so please register early.

Why should a student take the PSAT/NMSQT?

- * To find out what the SAT is like
- * To predict SAT scores and AP potential
- * To enter the competition for scholarships that are awarded through the National Merit Scholarship Program
- * Please note: Students must take the NMSQT test during their junior year to be considered for the *National Merit Scholarship Program*, and *PSAT/NMSQT results will be available in January*.

**Fox Valley Technical College - Community
Open House**
**Appleton Campus -1825 N. Bluemound Drive,
Appleton**
Tuesday, October 3, 2017
3:00 - 7:00 p.m.

NO APPLICATION FEE!

Discover the 200+ degree, diploma and certificate programs, business offerings and personal enrichment classes. Visit with faculty and current students, and get a first hand look at our high-tech labs and classrooms. No need to RSVP! Just drop in any time between 3:00 - 7:00 p.m.

Highlights: Campus tours and technology demonstrations, learn how to pay for college, apply for admission, great food and prizes!

**2017 Milwaukee
National College Fair**
October 15, 2017 - Noon - 3:30 p.m.
Admission: FREE admission

Is it time to decide which postsecondary option is right for you? Plan to attend the Milwaukee National College Fair for information on:

- Admission requirements
- Financial aid
- Testing
- College majors
- Seek opportunity to meet with representatives from the world of higher education and look forward to tomorrow.



2017 Wisconsin Education Fair
Monday, October 16, 2017
6:30 - 8:30 p.m.
UW Fox Valley Fieldhouse
1478 Midway Road
Menasha, WI
For more information:
www.uwfox.uwc.edu
or contact Tammy Brunnette -
920-832-2633

2017 Wisconsin Education Fair
Wednesday, October 4, 2017
9:00 - 11:00 am
Kolf Sports Center
University of Oshkosh
785 High Avenue
Oshkosh, WI
For more information:
Pre-Register at : gotocollegefairs.com
or contact Laurie Stevens -
stevens@uwosh.edu or 920-424-7384



Grade 10 - Educational and Career Planning Conferences

The Neenah High School Counseling Department will once again be scheduling Educational and Career Planning (ECP) Conferences for sophomore students during the 2017-2018 school year. Unlike traditional Parent Teacher Conferences, this conference will last approximately 45 minutes. This is a time to positively discuss students' talents, interests, education, and career goals. Additionally, the conference is an opportunity to review students' high school adjustment, overall academic performance, career development, and to begin defining the purpose of their education. If your student has an Individualized Education Plan, this information will be covered at their annual IEP meeting. As the date of your student's ECP conference draws closer, you will receive a letter in the mail confirming the specific date and time of the conference. We sincerely appreciate your commitment to this conference. It is an investment in your child's academic and career planning.